



Travel Destinations & Activities

New Exercise Class Offered Sit and Dance Thursdays at 10:00

Becky Barrachlough is the founder of Sit and Dance for Seniors. She came to the Center on July 29, 2009, to conduct the class. There were over 25 seniors in attendance. The response was very favorable.

Sarah will conduct this exercise program with the help of Becky's DVDs purchased by the Center.

Come join us for a good time and gentle, healthy exercise.

Open Night Ceramics Tuesday Evenings 5-9

Class meets from 5-9. There is a **minimum of 5 seniors** to hold this class. Children must be 8+ years of age to participate. Cost for seniors is \$5 firing/supplies per month plus greenware; children \$5 per month for firing/supplies, plus cost of greenware.

You may choose from pieces ready to paint, or you may clean your own greenware. You are welcome to join us at any time between 5-9.

Weber County Fair & Rodeo Wednesday, August 5; 5:00 pm \$7 person

Horses, chickens and pigs. Oh my! Come join us for a fun evening with good old fair food and a rodeo. We're in air-conditioning—YEAH!—this time. We will leave at 5 pm. Plan on dinner at the fair. Price includes transportation; Dutch meal at park.

Train Ride to Crystal Springs August 6, 12:45; Free

The seniors will be boarding the train from the Historic Brigham City Train Depot to Crystal Hot Springs and back. The rides are made possible by Operation Lifesaver Utah, a statewide, non-profit public awareness and education program dedicated to ending tragic collisions fatalities, and injuries at highway-rail grade crossings and on railroad property.

Meet Sarah at 12:45 at the Center to catch a ride. Sign up early.

Stamping with Lorica Thursday, August 13, 10:00 Box of 6 Cards \$10

Lorica will be presenting a box of six greeting cards for your own special touch. Samples will be in lantha's office for your perusal. Prepayment is required to take the class. Please sign up so we can be sure there are enough supplies.

Mormon Tabernacle Choir Rehearsal August 13, 4:30; \$5/person

If you've ever wanted to see or hear the Mormon Tabernacle Choir in person during a rehearsal, this is your chance. It's a unique experience to hear the instruction given during rehearsal. The Choir has recently returned from a U.S. tour. This is the completion of the 80th year of broadcasting the Spoken Word with the Choir.

We'll be stopping in Layton for dinner on your own.

Wendover August 24; 7:30 am; \$18

Fee includes \$5 cash back and lunch buffet. Have a fun day visiting, playing, or people watching.

Fishing Trip August 27, 5:30 p.m.; \$5

You don't have to travel far for some good fishing. We're headed to Mantua where you can catch bass, bluegill, or perhaps a trout.

Bring your own fishing pole if you have one; we have a few you may borrow. The worms will be supplied.

Come join in the fun. A boat is available if you don't want to fish from the shore.

SPIKE Club Pancake Breakfast \$5/person Saturday, August 29; 7-11 am

The SPIKE Club sponsors this fundraiser for the *Senior Center*. Funds have been used in the past for items such as the padded chairs, round tables (which are wearing out) and dishes for lunch.

Every senior that attends the Senior Center is a member of the SPIKE Club.

The menu includes Pancakes, Sausage, Bacon, Eggs, Orange Juice or Milk or Coffee.

Watch for more advertising.

Raptors Baseball Game August 31, 5:45 p.m.; \$3

"Take me out to the ball game. Take me out to the crowd". . . . *Reserved seats* are in the shade behind home plate at Lindquist Field. Lindquist Field has been home of the Ogden Raptors since 1997 and is located in the heart of downtown Ogden.

The Raptors have lead the league in attendance every season since the field was opened. The Raptors were chosen by Minor League Baseball as the Larry MacPhail Award winner, which is presented annually at the Baseball Winter Meetings to the team with the best promotional effort. (Thank you, Raptors, for the tickets!)

The cost includes your transportation **and** ticket. Supper is on your own at the park with your typical ball-park food.

So, "Root, root, root for the home team!" and join us for a fun evening at the Raptors vs. Idaho Falls Chukars game.

Come in and learn the **verses** to this song so we can sing it at the ball park. Sarah has a copy of the song. If you can sing it for Sarah or lantha, you will receive a Kool Tie from our gift shop to keep you Kool at the game (it's the only way you can receive one for free).

Change in Travel Program

Reservation Policy: The City's Accounting Policy for Senior Center trips has changed the way trips are organized. *Payment in full is required within three (3) days of registering to guarantee your seat.* Delays in payment will result in your name being moved to a waiting list, or dropped from the roster.